

August Topic: Preventive Health



Sleep problems are common and if they go unaddressed for weeks or months they may lead to other health issues. These issues may include poor reaction times, drowsiness while operating a motor vehicle or machinery, poor decision making and vulnerability to illness due to a compromised immune system.

- **Keep a regular schedule:** Wake up and go to bed at the same time everyday, including weekends.
- **Create a restful environment:** Keep the bedroom temperature comfortable and make certain the room is dark enough.
- **Set up a "wind-down" period before bedtime to help clear your mind:** Stop any activity that energizes you 30 to 60 minutes before bed. This includes watching TV, using a computer or playing video games. Instead, try a hot shower or warm bath, reading, listening to mood music, meditation or deep-breathing exercises.
- **Avoid caffeine 6 hours before bedtime:** This includes: sports drinks, energy drinks, coffee, tea, soda, diet supplements and pain relievers that contain caffeine.
- **Exercise regularly and stay active during the day:** But do not exercise three hours or less before bedtime.
- **Don't use alcohol, non-prescribed drugs or nicotine:** Alcohol may initially help you get to sleep, but it prevents the healthy, restful stages of sleep we need. Over-the-counter sleep aids lead to grogginess. Smoking can cause light sleep, with early-morning wakeups due to nicotine withdrawal.
- **Don't go to bed on a full stomach or hungry:** If you're hungry near bedtime, try a light snack of cheese, turkey or crackers with a glass of milk.
- **Stop watching the clock:** It will just make you more anxious.
- **Get up if you can't sleep:** After 30 minutes of tossing and turning, get up and go to another room. Try reading to make you drowsy or deep-breathing exercises; concentrate on relaxing your shoulder muscles.

Presented by NHCH Health Promotion

For more information call us:

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